



Horticulture

Cover Crops for the Off-Season

Calla Edwards – Horticulture Agent

Cover crops are grown for many benefits, including improving soil quality, reducing weeds and erosion, and sometimes promoting the garden ecosystem by providing food sources for pollinators. They are typically not grown for their harvest as the primary benefit.

The best cover crop for your garden depends on the purpose, planting time, and planned method of terminating the crop.

Small grains such as wheat should be seeded from mid-September to late October at a rate of 3/4 to 1 pound of seed per 1,000 square feet. Spring oats can also be seeded until mid-September, but the rate should be 2 to 4 pounds per 1,000 square feet. Spring oats will die back in the winter and can be tilled under in the spring. Daikon radishes are another good cover crop because the large taproot penetrates the hardpan. After the radishes die back in the winter, the loosened soil is better able to retain water.

Hairy vetch, alfalfa, and sweet clover are legumes, which means they fix nitrogen. Seed these cover crops at a rate of 1/4 to 1/2 pound of seed per 1,000 square feet of garden. Hairy vetch and alfalfa can be seeded from mid-August to late September, while sweet clover should be seeded only until early September. Visit the Kansas Garden Guide (https://bookstore.ksre.ksu.edu/pubs/kansas-garden-guide_S51.pdf) for more cover crop recommendations for home gardeners.

4-H & Youth Development

Madeline Wallace – 4-H & Youth Development Agent

As a new school year begins, many 4-H members are learning to balance homework, sports, and other activities alongside their 4-H commitments. Planning ahead with a shared calendar, setting priorities, and recognizing limits can help families avoid stress while keeping youth engaged in what matters most. The good news is that 4-H strengthens, rather than competes with, academics—skills like public speaking, record keeping, teamwork, and problem solving all transfer directly to the classroom. Remember, balance doesn't always mean doing everything equally; it's about finding a routine that works for your family and allows youth to thrive both in school and in 4-H.

Contact us:

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See our full Newsletter at <https://www.butler.k-state.edu/newsletter.html>

For KSRE publications and information,
visit www.ksre.ksu.edu

Family Consumer Sciences

Disconnect to Reconnect

Bonnie Brewer – FCS Extension Agent

Technology saturates almost every part of our lives including our holistic health. While some forms of technology are positive, the continual exposure to smartphones, TVs, social media, home security systems, tablets, and computers, can severely impact our health, especially our mental health.

With unlimited information at our fingertips, we can easily feel stressed, overwhelmed, and anxious, making it important to approach the use of technology with boundaries. Lately, I have been researching the importance of rest and disconnecting, and have come to understand the importance of setting limits with online activities to support overall wellness.

It is important to try to strike a balance between technology use and personal wellbeing. Here are a few ideas to consider:

- Leave your phone at home or in a separate room when you don't need it.
- Make your bedroom a phone-free zone. Start by setting a small goal (one night a week) and get used to time without a phone before bedtime.
- Use 20-20-20 rule. Take a 20-minute break from your screen/scrolling, every 20 minutes, and if you can, take 20 steps from your phone.
- Stay grounded and connected. Take time to disconnect from devices and connect with others in person. You could meet for coffee, go to an event, or take a walk with someone.
- Avoid Zoom fatigue. Take "camera off" breaks and stand up whenever possible during long zoom meetings.

Remember, small adjustments can lead to big improvements in our wellbeing and overall happiness. Start small. Then, take time to notice how you feel when not online. And as always, enjoy the journey.

Agriculture

Fall Army Worms

Charlene Miller – Agriculture Agent/Extension Director

Fall Army Worms have made their presence known, not only in our county but in the eastern 1/3 of the State as well. Consistent questions I have been asked range from "Is it worth treating them?", and "Is my field dead?", to "What do I treat with?" and "Is it cheaper to treat or replant?". I recently held a virtual meeting with our area agronomist to answer those questions and more. I encourage you to watch the recording at:

<https://youtu.be/rIJe0nbeVv8>. If you have questions, let me know!



4-H Online Enrollment Opens October 1st!

4-H's Long-reaching Effects

Compared to other youth, 4-Hers are:

4x more likely to contribute
to their communities

2x more likely to be
civically active

2x more likely to make
healthier lifestyle choices



The Top 5 Project Areas in Butler County:

1. Visual Arts
2. Foods & Nutrition
3. Photography
4. Woodworking
5. Fiber Arts (Includes
9 Projects)

Find more information here:



What does Butler County 4-H have to offer?

- 9 Community 4-H Clubs across the County
- Butler County 4-H Shooting Sports
- Over 70 Projects
- Cloverbud Program for ages 5-6 yrs.

Visit Our Website

<https://www.butler.k-state.edu/4-h/>

Call Us

316-321-9660



#KSTATEGARDENHOUR

K-STATE GARDEN HOUR

Shrubs That Thrive in Kansas

Wednesday, September 3rd 12:00PM -1:00PM CST

Picking the right plant for the right place is crucial to have plants that will last in our challenging Kansas climate. Learn the best shrub varieties suited for the state's unique climate challenges, including heat and drought tolerance. Join Dr. Jason Griffin, Woody Ornamentals Horticulture Extension Specialist and Director of the John C. Pair Horticulture Center, as he highlights some great shrubs to incorporate into your landscape.



Register Here!



Please register for this free Zoom Webinar at:
ksre-learn.com/KStateGardenHour



K-STATE
Research and Extension



LUNCH & LEARN

Bring your lunch and join Horticulture Agent, Calla Edwards, over the lunch hour during our monthly Lunch & Learn Program. This will be held over the lunch hour and will cover a variety of horticulture topics.

September 10th
12:15-12:45 p.m.

Andover Public Library
1511 E Central Ave
Andover, KS

September Topic: Compost Pile

Fall means cooler weather, apple cider, and, of course, dealing with all of the falling leaves. What can we do with all of these leaves? Just like anything else that is organic, they can be broken down by composting. Join Calla in learning about what else you can compost, and why everyone should build their own compost pile!

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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September 15th
12:15-12:45 p.m.

Lori's EMPORlyum!
1604 Custer Lane
Augusta, KS

**September Topic: Putting the
Garden to Rest**

The gardening season is winding down, but there are still a few steps to take in our lawns, gardens, and flowerbeds to help us be prepared for the spring growing season. Join Calla Edwards to get a jump start on that fall gardening to-do list.

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Join Us For Our 2025 Quarterly Extension Connection

Mug Mingle



**Grab a mug and mingle with your local
Butler County Extension Staff**

Friday, October 10th from 7:45-9:00 a.m.